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# Filling out the FAFSA is a family project

By MARILYN VAN LÖBEN SELS  
Pocket News guest columnist

If your high school senior is heading to college this fall, your first task for 2011 is to fill out the FAFSA (Free Application for Federal Student Aid) and submit it ASAP through [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

Filling out this form is not difficult and will be easier to complete if you understand why the FAFSA is so important and if you prepare ahead of time. You can expect the entire process to take just a few hours and you need to make the project a top priority in order to have the best chance at receiving funding to pay next year's college bills.

You will notice that the FAFSA has two parts—one for students and one for parents. It is important for students to take an active role in applying for financial aid not only because they will benefit from college but also so they will know how to deal with the FAFSA in succeeding years at renewal time. Filling out the FAFSA is a family project.

At this point, you probably have some questions:

## Why should I fill out the FAFSA?

Everyone should fill out the FAFSA because it is the basis for all financial aid – even merit aid given by colleges, and it may establish your eligibility for some loans.

## How do I approach this task?

Here are the steps you need to follow:

1. Both parents and students need to apply for PIN numbers. They are free at [www.pin.ed.gov](http://www.pin.ed.gov) and necessary so you can electronically sign your FAFSA.
2. Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and print out a FAFSA so you can become familiar with the form and complete information to transfer to your online application—use it as your draft.
3. Gather information for you and your student: social security and drivers license numbers; 2009 tax records and W-2 forms; current bank statements, mort-

gage and investment information; and records of any untaxed income information. (Note: You will estimate your 2010 income based on 2009 earnings and later make online revisions when your 2010 tax information becomes available.)

## What are some definitions I need to know?

- “You” and “Your” mean the student.
- “School” and “College” mean any school beyond high school.
- “School Year” means July 1, 2011 through June 30, 2012.

## What else do I need to know?

- For dates, use this format: 02152011 (February 15, 2011).
- For dollar amounts, round to the nearest dollar: \$258.99 is recorded 259.

The good news is that plenty of help is available. The new FAFSA website's help menu includes *Live Help*, a secure online chat sessions; *Call Us* (800) 4-FED-AID; and *E-mail Us*: [FederalStudentAidCustomerService@ed.gov](mailto:FederalStudentAidCustomerService@ed.gov). During the next two months, sixteen Cash for College Workshops will be held from 6 p.m. to 8 p.m. throughout the Sacramento area. In an hour, you get the help you need and may even enter a contest to win a \$1,000 scholarship.

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There are more sites and information at [www.calgrants.org](http://www.calgrants.org).

As with your college applications, work carefully, proofread for accuracy and answer all questions. The ultimate deadline in California is March 2, but be ahead of the game and submit your FAFSA early – NOW. Good luck, and I hope filling out your FAFSA goes well and reaps good results for you and your family.

Marilyn van Löben Sels is a certified college counselor. Contact her at [marilyn@college-gps.com](mailto:marilyn@college-gps.com).

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**Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.**

See answers page 25

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## When 'Big Time Wrestling' came to Sacramento



By **MARTY RELLES**  
Pocket News columnist  
marty@valcomnews.com

In 1962 a new phenomenon thundered across the air waves in Sacramento. They called it Big Time Wrestling. It featured wrestlers with names like Red Bastien, Pepper Gomez, Haystack Calhoun, Ray Stevens, Mitsu Awakawa and Kingi Shibuya. The show aired at 7 p.m., on Saturday evening, on KTXL Channel 40, and was hosted by announcer Hank Renner.

Because it was primarily an exhibition, not real wrestling as seen in international Olympic competition, Big Time Wrestling featured good guys and bad guys. When a good guy like Red Bastien won, he stepped gracefully out of the ring for an interview with gentlemen announcer Hank Renner. Renner, clad in a grey suit, white shirt and tie, then congratulated Red on his victory and asked questions about his upcoming match at the Sacramento Memorial Auditorium. The conversation was always polite and enthusiastic.

When bad guy Ray Stevens won, he paraded around the ring taunting the audience first, then leaped down to the floor and rushed over to Mr. Renner to spend some time berating his upcoming opponent. He would say things like: "I am going to whip that pencil-neck Red Bastien into submission this week; after I am through with him, he will never wrestle again."

Of course, Red Bastien was hardly a pencil-neck. Since he was a body-builder like most of the wrestlers, he hardly had any neck at all. That didn't matter; Ray was working up the TV audience for the Wednesday night match at Memorial Auditorium.

Naturally, we immediately fell in love with Big Time Wrestling. We rooted wildly for our heroes Red Bastien and Pepper Gomez and booed the bad guys Ray Stevens and Mitsu Awakawa.

We tried to emulate their techniques in our back yard gym. Using the big tree in the middle of the yard and the metal post on the side of the yard as ring posts, we staged tag-team wrestling matches. We circled the ring in classic Greco-Roman wrestling style. We tossed each other around, fell to the ground, and then crawled over to tag our fellow tag-team member who rushed into the ring to continue the fight.

Eventually, someone pinned an opponent and the fight ended. We were not quite as mobile, agile or hostile as the Big Time Wrestlers, but we made up for it with our enthusiasm.

On Wednesday night, we persuaded Dad to take us down to Memorial Auditorium on J Street to watch the great match between Red Bastien and Ray Stevens. We sat in the upper level in the cheap seats and watched as the two fighters tussled in the ring below. They had a great fight, but in the end Ray Stevens won, as I recall. No matter, we knew that a rematch was in the works and went home with a smile on our faces.

As children do, we soon lost interest in Big Time Wrestling. Sacramento Bee writer Charles Conlin penned an article saying that it was all a big fraud. I think we already knew that. We just loved the theatre of it all. For whatever reason, we went on to more important things like high school sports, girls and our education.

These days when I drive by the Memorial Auditorium, it seems quite different than it was in the 1960s when we went to the wrestling matches. I see none of the fight placards announcing upcoming events, only posters for future concerts. The World Wrestling Federation broadcasts professional wrestling events these days on television.

Sadly, Big Time Wrestling is now just another bone-crunching Janey Way Memory.

## District 7 update

# Settling in and getting to work

By **DARRELL FONG**  
Sacramento City Council Member, District 7  
dfong@cityofsacramento.org

I want to take this time to introduce myself. Having served as your Councilmember for a little over a month, I was graciously asked by *The Pocket News* to continue this monthly column. In the future this column will provide you with valuable information about events and meetings that will take place in the community.

We are working hard preparing for our first series of community meetings. The Pocket has been my home for more than thirty years. My immediate goals are to maintain our quality of life, neighborhood services, and fixing the city budget. I look forward to working with everyone. Getting through these tough times may be difficult, but keeping a perspective on what is most important, our community, is my main goal.

A commitment that I made while campaigning, and intend uphold, is keeping an open dialogue with the community. I am working to schedule monthly office hours, which will be held on an alternating basis, on evenings and weekends. I approach these office hours as an informal meeting where community members will be able to discuss with me topics that concern our District.



Photo courtesy

I look forward to representing the Pocket, Greenhaven, and Valley Hi neighborhoods. Please if you have questions contact my office. My mailing address is City Hall, 915 I Street, Sacramento CA 95814: Phone is (916) 808-7007. Email is dfong@cityofsacramento.org.

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# Popular 'Free Museum Day' returns Feb. 5

By SUSAN LAIRD  
Pocket News editor  
susan@valcomnews.com

Residents of the Sacramento area will have an opportunity to experience 26 venues that enhance the high quality of life in the region when the 13th annual Sacramento Museum Day is held on Saturday, Feb. 5.

The free museum day is just that: a day to enjoy free admission to the many museums in Sacramento and throughout the region. This year's event is presented by the Sacramento Association of Museums (SAM) and is sponsored by Umpqua Bank. Over 85,000 people participated in last year's free Museum Day.

Museums are nonprofit and educational institutions that make a unique contribution to the community by interpreting and preserving the things of this world, according to the California Museum Association.

There is a museum for every taste and interest. There are art and natural history museums, science and technology centers, historical societies and museums, botanical gardens, zoos, children's museums and much more.

"With an expanded and energized focus on the arts, culture and museum offerings in the Sacramento region, this is an exciting time to explore the rich experiences available at a wide variety of local museums," said Paul Hammond, Sacramento Association of Museums chairman. "Sacramento Museum Day offers the perfect opportunity for everyone to visit a museum they haven't been before – or return to an old favorite – to gain a new appreciation for or a fresh perspective about our region, our state, and our world."



The Aerospace Museum of California will be among 26 museums that will open their doors to the public for the 13th annual free Museum Day on Feb. 5.

Photo courtesy

Event coordinators recommend planning ahead, and to limit the day to two or three different museums on the day of the event in order to allow adequate time to enjoy the experience. Free shuttles will operate throughout the day with stopping points located adjacent to many—but not all—participating museums. The California Museum, at 10th and O streets, serves as the central transfer point for shuttle routes in operation during Sacramento Museum Day. Volunteer "step-on" tour guides will be on-board to assist riders and narrate the route, courtesy of the Sacramento Convention & Visitors Bureau.

Participating museums this year include: Aerospace Museum of California, the California Automobile Museum, the Cal-

ifornia Foundry History Museum, the California State Military Museum, the California State Capitol Museum, The California Museum, the California State Indian Museum, the California State Railroad Museum, the Crocker Art Museum, the Discovery Museum Science and Space Center, the Don & June Salvatori California Pharmacy Museum, Fairytale Town, the Folsom History Museum, the Governor's Mansion State Historic Park, the Heidrick Ag History Center in Woodland, the Leland Stanford Mansion State Historic Park, the Museum of Medical History, the Old Sacramento Schoolhouse Museum, Old Sacramento State Historic Park, the Sacramento Zoo, the Sacramento Historic City Cemetery, the Sacramento History Museum, the Sojourner

Truth Multicultural Arts Museum, Sutter's Fort State Historic Park, the Wells Fargo History Museum on Capitol Mall and the Wells Fargo History Museum in Old Sacramento.

Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at [www.sacmuseums.org](http://www.sacmuseums.org) (click on

"Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Museums, in addition to being the stewards of our cultural and natural heritage, offer everyone the invaluable opportunity to refresh, relax, recharge and renew. As the old adage goes, "You've got to pour into yourself before you can pour yourself out for others."

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Know your neighbor

# Pocket area resident dedicated to preserving her family's history

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

For many people in the community, writing their family history is a project for the future, which oftentimes receives little to no attention. But perhaps serving as a motivator to other people, one Pocket area resident has dedicated herself to making certain that her family history is preserved.

## Rich heritage

This person is Sacramento native Gail Fernandez Jones, who has a very rich family history in the Pocket, Greenhaven, South Land Park, Hollywood Park and Tahoe Park areas.

Jones, 59, who worked as a dance teacher before beginning a career as an elementary school teacher in the Pocket and Meadowview areas, explained that her drive to preserve her family's history began as a result of a personal illness that caused her to follow new directions in her life.

"Due to the illness, I had to retire early and I needed something to do, so I decided to research and write my family's history," Jones said. "It was something that I always

wanted to do. I figured that if I didn't do it, nobody else would do it and the history would be lost for future generations."

## Motivating factors

In addition to her illness, Jones said that she was also motivated to write her family's history upon the birth of her grandson.

"My grandson was born in 2002 and he was the original catalyst for my project to preserve the family history," Jones said.

Unfortunately, due to Jones' health issues, her motivation to gather information and write her family's history was initially short-lived, as she almost entirely abandoned the project for more than eight years. But reinvigorated by improved health within the past year, she is back on track and working on writing her family's history at a greater pace than at any time during her entire project.

With Jones' deep, local roots, the value of her project is much more than a family history – it is also a notable part of the community's history.



Pocket News photo, Lance Armstrong  
Pocket area resident Gail Fernandez Jones, a former teacher at Caroline Wenzel Elementary School in the Pocket area, spends time observing several of her treasured family photographs.



(inset) Photo courtesy, Gail Fernandez Jones  
Norman Fernandez stands in front of his South Land Park Hills house.

## Portuguese heritage

Her grandfather, John Fernandez, who was born in the island of Pico in the Azores Islands of Portugal on Jan.

10, 1887, immigrated to the United States at the age of three with his parents, Manuel and Rose (Jacinto) Fernandez, and at least one of his sisters.

Jones said that John Fernandez had two sisters, Mary, who was born in the Azores Islands, and Rose, who was

See Fernandez, page 9

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# Fernandez: Street names in Greenhaven named after family friends, co-workers

Continued from page 8

born in either the Azores Islands or the Greater Sacramento area.

## El Dorado Hills aka. Clarksburg

Once arriving in America, the family made its way to the Clarksburg area, where they began a dairy farm.

Through her research, Jones discovered that her grandfather, who completed his education through the eighth grade, began an apprenticeship to learn the building trade, so that he could become a building contractor.

"My grandfather was a very dedicated man," Jones said. "He asked some builder to take him on as an apprentice at no charge, so he could learn the trade. He then started his own company, Sierra Builders, during the Depression."

## Sierra Builders

John, who built one of the first cabins in the Strawberry tract along Highway 50 for himself during the 1940s, named his business Sierra Builders due to his love for the mountains.

Jones said that her grandfather began the business with no employees, but eventually took on his five sons – Ralph, Ray, Norman, Jack and Jim – as his employees.

Of these sons, Norman, Jack and Jim contributed the most time to the company, since Ralph began his own building company and Ray apparently died during World War II, as the plane he was flying over Russia went missing and was never found.

The earliest projects of Sierra Builders, which had a

large office and lumber yard at 1716 26th St., was the construction of houses in Tahoe Park and the construction and development of sections of Hollywood Park.

One these Hollywood Park area projects, which included both residential and commercial developments, was an early Raley's grocery store at 2390 Fruitridge Road.

The Raley's project was part of a retail space that also included The Dance Center, which was owned by "Miss Pennie" Davies.

Jones said that she is quite familiar with this dance center, since she took lessons from Davies at this site and later returned to teach classes at the studio.

With the building boom that followed World War II, Norman, who was Jones' father, founded the Norman Construction Co. in 1955 and began building custom houses. The majority of these houses were constructed in the South Land Park Hills area.

## Greenhaven 70

After furthering his reputation as a quality builder, Norman, who married his accountant's daughter, Betty Webb, in 1948, was invited to become one of the original 10 builders of Greenhaven 70, a development that was bordered by Riverside Boulevard and Greenhaven, Havenside and Gloria drives.

Jones, who moved from her home in Hollywood Park to South Land Park Hills in 1962, said that she also contributed to the Greenhaven 70 project by



The Fernandez family was responsible for the construction of many residential and commercial buildings in the Sacramento area, including this Raley's supermarket at 2390 Fruitridge Road. The building is shown under construction in this 1953 photograph.

handing out brochures for open house events and decorating some of the homes with knickknacks from her own home and furniture from Gabe Silveira's furniture store, G.L. Silveira Co., which was located at 2100 X St.

"The decorating really helped those home sell," Jones recalled.

Jones said that one of the more interesting parts of the history of her family's neighborhood developments was the naming of various local streets.

## Street names

Among the more prominent of these street names are Johns Drive and Johnfer Way (a combination of John and Fernandez), which were named after Jones' grandfather, Norman Way, which was named in honor of Jones' father, and

Jacks Lane and James Way, which were named in tribute to Jones' uncles.

Other street names include: Trudy Way, which was named after the secretary of Sierra Builders, and Benham Way, a tribute to Ben Hammond, the insurance agent for Sierra Builders.

Although John passed away in 1966, his legacy in his long-time trade continues today through the local land developing company, Sierra-Fernandez.

## Good advice

In pondering her project to preserve the history of her family, Jones said that she encourages others to write about their own family history.

"I encourage others to write their family histories," Jones said. "Start talking to the people who are still alive right now. What I started with were dates and now what I'm really trying to get are anecdotes out of the people who are left. Gather stories, because if you don't you'll have nothing."



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# Rotarians gift dictionaries to Pony Express Elementary School third graders

By SUSAN LAIRD  
Pocket News editor  
susan@valcomnews.com

When you are in the first and second grades, you are learning to read.

When you are in the third grade, you are reading to learn.

With this thought firmly in mind, the Rotary Club of Pocket-Greenhaven presented every third grader at Pony Express Elementary School a brand-new, "Macmillan Dictionary for Children" on Jan. 14. It was a gift from the Rotarians to each child. The book is his or hers to keep – forever.

The hardcover book features some 35,000 entries, with over 1,100 photo-

graphs and images in full color. Words such as "Internet" and "Website" are defined.

The book has long been popular with children for its visual interest and information. Teachers and parents like it as a resource for beginning readers and spellers. The dictionary retails for \$19.99 in bookstores, but that day the books were free for the students – a gift from the local Rotary club.

"One of the highlights for Rotary International is literacy," explained Judy Foote, president of the Rotary Club of Pocket-Greenhaven. "This particular project was started in

San Francisco, and it came to our district."

"The Rotary Dictionary Project started in 2003, when two of our district clubs delivered 167 dictionaries," said Clarence Parkins, past district governor for local Rotary District 5180. "It has grown every year since and this year 34 clubs will deliver 10,465 books to third and fourth grade students. It is one of the most rewarding and successful projects clubs in our district have ever undertaken. Once a club does this project, it is very difficult not to continue it every year."

The Pocket-Greenhaven Rotarians held a "tailgate party" to put labels for every student in the books. Then, on the appointed day, the Rotarians came to Pony Express Elementary to make the presentations to the third grade classes of Cindy Eberle and Linda Wortman.

"It's awesome," said Nick Anderson, age 8, about receiving his dictionary. "I could learn about astronomy and entomology – that's insect science. I love to study science."

Sidney Phillips, age 8, thought the Rotarians' gift was very generous.

"I think it is a very nice looking dictionary, and I think I'm going to learn lots and lots from it," she said. "I think that they are very nice and kind people to give the third graders dictionaries."



Brand-new dictionaries were neatly stacked before the presentation to the third graders.



Third graders at Pony Express Elementary proudly display the new dictionaries that were gifted to them by the Rotary Club of Pocket-Greenhaven.

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Department of Veterans Affairs (VA) Blind Rehabilitation Service gave him a new life that inspired him, with the help of his wife, Sandra, to write a book about it.

Created with her assistance, the book describes what VA blind rehab can do for veterans, both those who lose their sight as a result of combat operations as well as due to age-related factors such as macular degeneration, retinitis pigmentosa, glaucoma, and diabetic retinopathy.

His book, “Learning to Cope with Sight Loss: Six Weeks at a VA Blind Rehabilitation Center,” recounts McGee’s loss of sight and his subsequent day-to-day experience at the VA Western Blind Rehabilitation Center (WBRC) in Palo Alto, California.

“If my booklet or audio CD inspires a fellow veteran to ‘get up off the couch’ and seek help, then my objective will have been accomplished,” McGee said.

For more information about the publication, visit [www.bm-publi-cations.com/sightloss.html](http://www.bm-publi-cations.com/sightloss.html) or contact Christina Hitchcock at BVA National Headquarters, 202-371-8880, Ext. 3303, or at [chitchcock@bva.org](mailto:chitchcock@bva.org).

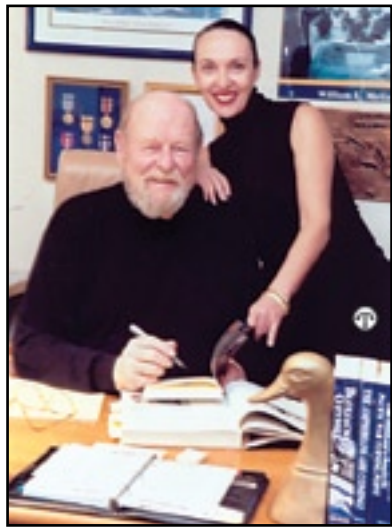


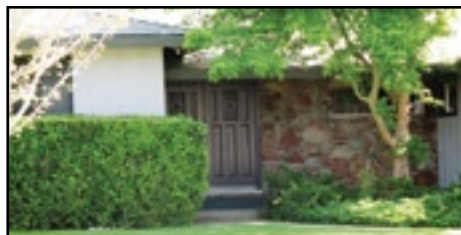
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A rehab program offers veterans the skills to cope with blindness and invaluable tools for improving their lives.



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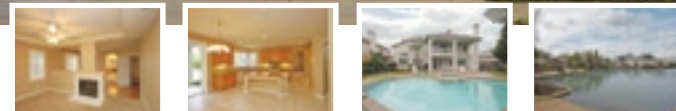
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# Take care while driving: fines and fees are up

By MELISSA CRONIN-BROWN  
Pocket News writer

Places to go, people to see. Sacramento area drivers experience a high level of frustration when it comes to trying to arrive at their destinations on time. An additional frustration is the increase in traffic fines for those who attempt to "cut corners" by driving recklessly.

Instead of deciding in those few seconds whether it is better to slow down or to keep going through that yellow light, it is best simply to slow down and stop. With red light fees increasing more and more, sheriffs are advising everyone to slow down, no matter how big a hurry people are in.

The current price in Sacramento for running a red light is \$466. The fee is broken up into different costs that make up the grand total. These different subdivisions of money are given to the State Court Facilities Construction Fund, Criminal Surcharge, Security Surcharge, DMV History Fee, Night Court Assessment, Criminal Convention Assessment, along with other units.

"The [red light] cameras are automatic and capture violations as they occur," said Sgt. Todd Deluca of the Sacramento Sheriff's Department. "The intent of red light photo enforcement is traffic safety by reducing or eliminating fatalities and injuries as a result of aggressive driving and red light running. If there were not one violation captured by the camera, we would be extremely happy because we would then know that nobody was hurt or killed at those photo enforced intersections as the result of a red light runner."

In November 2010, there were 2,329 red light running citations issued in the City and County of Sacramento, caught by the Metropolitan Red Light Photo Enforcement Program. The letters may take as little as a week, or up to a few months to be sent to the violator's house. Their address is known since the camera catches usually the front plate license, and is able to track down whose car it is through the DMV data base.

Other fined offenses include talking or texting on a cell phone, littering on a freeway, and speeding. These are just to name a few, but the county makes a profit off of other people's mistakes. According to Deluca, the County of Sacramento does not set or increase the fees or fines. It is set to Penal Code Section 1463.11 and the State Manual of Accounting and Audit Guidelines.

Deluca said it is hard to tell if the fee will be raised again, or what the maximum price could be set to. This is because the State Legislature sets the fine amounts and distribution, not the local sheriffs.

"Increased traffic safety is the number one priority of the City/County Metropolitan Red Light Photo Enforcement Program," he explained. "There has been as much as a 76 percent reduction in red-light related crashes at the photo enforced intersections in the city and county since the implementation of the program. Furthermore, there has been a 28 percent reduction in red-light running related crashes at all signal-controlled intersections in the city and county of Sacramento."

As drivers become aware of the high prices they are obligated to pay for traffic violations, the hope is that fellow citizens will be extra cautious and work on not being a distractive driver, but a *defensive* driver.



# Performing, fine arts unite for Sacramento Fine Arts Center's 'Art Song'

By SUSAN LAIRD  
Pocket News editor  
susan@valcomnews.com

The Sacramento Fine Arts Center will be center stage for a unique experience when it presents a magical evening of music and art on Saturday, Jan. 29 and Sunday Jan. 30.

"Art Song" will feature the musical talents of Donna Helmich-Agnello, dynamic soprano, and Michelle Xioa You, renowned violinist – as well as some 40 works by the American Watercolor Society International Traveling Exhibition.

Helmich-Agnello will perform a variety of works about love, betrayal, pirates and selections from J.S. Bach's "Magnificat."

Xioa You will play a dramatic selection of works, including Nikolai Rimsky-Korsakov's "Song of India" and Pablo de Sarasate's "Zapateada."

The Sacramento Fine Arts Center is the only California venue selected by the American Watercolor Society for the travelling exhibit. It is considered a feather in Sacramento's cap, as the Society is highly selective and the exhibits are of high caliber. Past exhibitors of the Society have included Andrew Wyeth and Winslow Homer.

The January concert will be the first of a series of concerts pre-

senting top musical talent to audiences in the Sacramento region.

"It's a musical performance you will not see anywhere else," said Richard Turner, president of the Sacramento Fine Arts Center and producer of the musicals. "There has never been a collaboration between the best watercolorists in the world and internationally renowned musical artists."

The concert will be performed at the Sacramento Fine Arts Center, located at 5330-B Gibbons Drive in Carmichael. Turner encourages visitors to come "check it out. The acoustics are great – you don't even need a microphone."

The Sacramento Fine Arts Center is a 25-year old nonprofit community art education and outreach organization, conducting hands-on art classes for all ages and hosting a wide variety of exhibits throughout the year.

"Art Song" will be performed on two days, Saturday evening on Jan. 29 at 8 p.m., and Sunday afternoon, Jan. 30 at 4 p.m. Seating is limited to 130 at each performance, so advance tickets are recommended. Admission is \$50 (\$35 is tax deductible). Tickets may be purchased by calling (916) 971-3713 or by sending a check to the Sacramento Fine Arts Center, 5330-B Gibbons Drive, Carmichael, CA 95608. Also visit [www.sacfinearts.org](http://www.sacfinearts.org).



Photo courtesy  
"Far and Away" is a watercolor by Susan Montague, an artist whose work is part of the American Watercolor Society Travelling Show. The show will partner with the Sacramento Fine Arts Center for a unique collaboration of the visual and performing arts, "Art Song," on Jan. 29 and 30.

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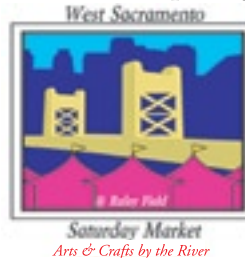
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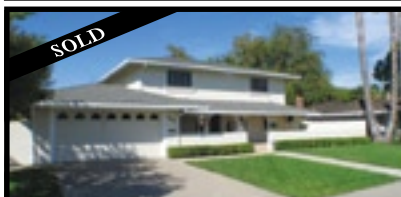
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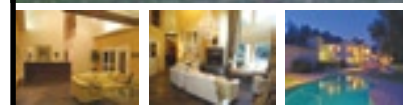
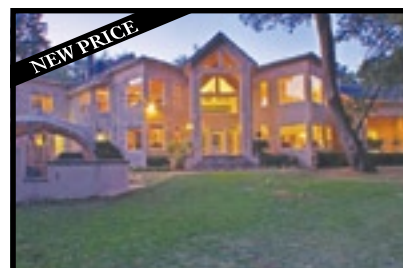
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# Helping your teen to cope with the loss of a loved one

By **STEVE DEBENEDETTI-EMANUEL**  
 Pocket News columnist  
 steve@rivercitycounseling.com

The mother of a fifteen-year-old boy called me recently. While on the way to the airport to visit his father, his stepmother called and told him that his father had a massive heart attack that morning and died on the way to the hospital. Instead of getting to enjoy time with his father, he got to go to his funeral.

When "Dave" came home a few days later, he insisted that he was fine. After all, he only saw his father twice a year and had never been close. "Joan" wasn't convinced; as she knew from his cell phone bills and by monitoring his Facebook account that they communicated regularly. She also noticed that he was quieter than usual, wasn't eating much, and spent most of his time in his room.

Joan was worried and encouraged him to talk to a therapist, but Dave was against it. He promised his mom that he would go if he really needed to, but he didn't think it would be necessary. Rather than insist that he see someone right away, she asked that I advise her.

When we met, I suggested that she tell Dave just how sorry she was about his dad and ask if he's ok. I also encouraged her to tell him gently what she'd noticed and let him know she'd be available to talk if he wanted. When people experience trauma, they're often too shocked to talk at first. By letting him know she'd be open to talking about it, he'd come to her when and if he's ready.

I also reminded her of how it's normal for teens to turn to their friends for support. Even if he only hung out with them and didn't talk about his father at all,

he'd benefit from the time with them. I encouraged her to guide Dave toward those friends who would be "there for him," should he want to talk about his father.

When Joan told me how fearful she was that he wasn't talking to her or any other adults, I suggested that she guide Dave toward adults with whom he connects. Perhaps he could talk to relatives, a trusted teacher or coach. Or maybe he'd be open to speaking with his minister. I also suggested that she contact Dave's counselor at school and ask if she would check-in with Dave and offer to talk if he wanted.

I also encouraged her to help Dave keep his regular schedule. As much as death and grief are overwhelming and it's tempting to drop everything, the reality is that life needs to continue. The goal wasn't to ignore the loss and pretend everything is fine. Instead the hope

was that by encouraging Dave to study, go to practice, and work after school, she could help him keep his routine and ease his pain.

As much as Dave insisted that he was fine, I encouraged her to keep an eye out for major changes in his behavior. Were she to get any hints of deep depression, significant drug use, or other more serious choices, I encouraged her to insist that he speak to a professional.

Although it's too soon to tell for sure, it looks like Dave is coping pretty well with his dad's death. Unfortunately, other teens have a much more difficult time coping with death, and it's important for parents to keep a close eye on how they're are doing and take necessary steps to help them. By doing so, the likelihood increases that their teens will be able to adjust to the tragedy without being completely overwhelmed by the loss.

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Faces and places

## Crocker expands programs: 'A' is for Art

By SUSAN LAIRD  
Pocket News editor  
Photos by TOM PANIAGUA

Programs for children and families abound at the recently expanded Crocker Art Museum in Sacramento. In addition to expanded programs for adults, kids can get down and dirty in art media such as clay and paint. Parents can participate with the kids in new programs. There is a new Kids' Art Club, and opportunities for private, public and home schools. It is even possible to host a birthday party at the Crocker.

All this is providing opportunities for children to expand their horizons in education, and for families to bond together.

"Museums *do* change lives," said Lial Jones, museum director. "Education is a lifelong pursuit, and museums are a venue for informal education. We want to provide a place for people to change their lives."

The expanded children's education center features four studio art classrooms, an art education resource room for teachers and docents, an expanded library, student and community exhibition galleries as well as an auditorium and public gathering places. First Five funding is providing programming for children ages five and under.

"Sacramento is a very sports-oriented town," said Stacey Shelnut-Hendrick, director of education at the Crocker. "We want to make it an education- and arts-oriented town also."

"This is great, my daughter Brianna loves it," said Elizabeth Bailey of Elk Grove said of the new programming for children under age five. "It gets them excited about learning. That's what I care about. The bonding time has been great, and I get to enjoy the art through her eyes."

Learn more at [www.crockerartmuseum.org](http://www.crockerartmuseum.org).

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# No ponytails at Sac State? Improved, pro-active campus security plan needed

By RYAN ROSE  
Pocket News guest columnist

A new year is a prime time to set resolutions—an opportunity to do better, to strive for self-improvement. On the top of the list for Sacramento State University: Make the campus safe.

At least, that should be on the top of the school's "Get-it-Right List" for 2011.

Although much news has been made concerning the school's never-ending budget crisis, the main topic of conversation among female students of Sac State (of which I am an alumnus and where my wife is a current graduate student) is the matter of campus security and the worry by women of possible rape while walking to their cars or class.

For a number of months since the beginning of the fall 2010 semester, the East Sacramento-based university has been plagued by incidents of sexual assault, most recently focused on female students as they crossed the school's grounds. The last school year saw eight sexual assaults, the latest in December when a man attacked a woman as she walked to her vehicle.

The woman turned the tables on her attacker by drenching his face with pepper spray. The man ran off, but no assailant has since been detained or arrested.

Feelings of unease and discomfort have caused women to begin taking proactive measures concerning their personal safety. Many women, including my wife, have begun walking the school grounds with pepper spray. In addition, women are collectively passing words of warning and caution to other female students, such as advising their classmates not to walk the campus while wearing a ponytail, as the bounded hair acts as a perfect griping point when someone attacks from behind.

No ponytail on campus — is this what it has come to? A sensible act to be sure — one implemented by women aware of their dodgy surroundings — but is this voluntary act by female students more a sign of the times or a sign of things to come on campus? Instead of a reduction of ponytails, we should be seeing an increase in university action against an uptick in violence against female students.

To be certain, Sacramento State has responded. The school has stated that it has increased its police presence and has also made law enforcement and security personnel available to female students in need of an escort. In addition, the college has used the attacks as an opportunity to educate their students about personal safety and sexual assaults.

Still, these actions are reactive, as they are only addressing issues as they arise. To address this matter further, the university must be prepared to adopt a new philosophy concerning campus safety and implement new measures to assure students that the college is working to provide a safe environment for instruction and personal enrichment. After all, the school maintains that "the safety and wellbeing of all students, faculty, staff and visitors on the Sacramento State campus is (the) primary concern" of their police department.

The following is a four-point plan the school should consider implementing to improve campus safety.

## 1. Work with the *patrolling* police officers

The university must audit its police force and its strategy for patrolling the campus. Earlier this month, the university police officers held a no-confidence vote regarding the leadership provided by Police Chief Daniel Davis; the chief lost that vote, 14-1. University officials must listen to its police officers on patrol — the same officers that are accusing the campus police department of being "the most management-heavy department in the California State University System."

"The chief seems to have forgotten how to prioritize spending," said Jeff Solomon, president of the California Statewide University Police Officers Association. "His 200 percent increase in administrative staffing means less money for campus patrols at a time when they are needed."

## 2. Utilize additional private security

Addressing the issues of staffing and patrolling within the university police department is a start, but there are 29,000 students registered at Sacramento State and only 15 patrolling officers.

The campus needs to think about how its police force can be augmented with an additional part time security team. Although budget hawks might cry foul, asserting the money doesn't exist, one needs to look no further than the misspent funds un-

covered by campus police officers within their own department; it's a classic example of money hiding in plain sight.

Sacramento State officials need to provide an audit of their own and make the hard choice: staffing or safety. If California Gov. Jerry Brown can save millions by cutting the state's cell phone budget, perhaps the university can find the funds needed to provide additional security.

If the nearby Target store can provide a security officer patrolling the parking lot on a Segway scooter, then perhaps the campus can do the same.

## 3. Provide students with live safety updates

For years, media agents and reporters have been invited to the school to witness its high-tech alarm, the Emergency Notification System, developed to alert students of an urgent situation on campus. Oddly, not once has this system been implemented to alert students via text message and email that a classmate has been attacked.

Not once. The school should review what other unused communication and reporting tools are at its disposal.

## 4. Light the campus

There is a reason why there is a market for motion-detection spotlights — most criminals don't like to be seen committing a crime. Sacramento State is a beautiful campus, covered with trees, but the canopy that delivers so much shade during sunny days also creates poorly lit areas at night. A new lighting scheme, perhaps one powered with solar-powered lights to save money, can go a long way in removing the shadowy element to an evening walk across campus. As to where to put those lights, the school need only ask the students that walk the campus — a webpage to receive those suggestions would be a simple (and free) platform to exchange the information.

This spring semester, which began Jan. 19, is an opportunity for Sacramento State University officials to regain the trust of their students. Time will tell if they make the grade.

Ryan Rose is an East Sacramento resident and is editor emeritus of Valley Community Newspapers, Inc, publishers of Pocket News. He can be reached at ryanrose@live.com.



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# Fun indoor activities for kids

StatePoint – Outdoor play is great for kids, but what do you do on those cold, rainy or blustery days when Mother Nature seems to be conspiring against you?

“Most parents aren’t comfortable with the television or video game console acting as babysitter,” said Emily Kilpatrick, vice president of the National Center for Family Literacy (NCFL). “But they also struggle to find indoor activities that really nurture their children’s minds.”

Parents can encourage their children’s natural curiosity by finding fun indoor activities that spark their imaginations while they’re away from the classroom.

To help, here are some of the most popular indoor activities from the NCFL’s new educational website, [www.Wonderopolis.org](http://www.Wonderopolis.org), which features a novel “Wonder of the Day” daily for parents to explore with children:

## Let it snow

Whether you live in a warm or cold climate, almost all children are fascinated by snow. With the help of some pipe cleaners and a few other simple supplies, you and your kids can learn how to make your own ice crystals in a jar.

## DIY aromatherapy

Recycling takes on a fun twist when you help your kids turn old wax crayons and empty soup cans into homemade candles. Add some scented oil or a few drops of vanilla extract to create a calming atmosphere in your home. Just make sure to never leave a lit candle unattended or in reach of small children.

## Create virtual biographies

Are your kids fascinated with a historical legend like King Tut or a children’s author like J.K. Rowling? If so, have them create a modern-day biography by researching them online. Then have some real fun by asking your children to imagine what it would be like to be Facebook friends with that person. What would his profile look like? What would she talk about? Would Jacques Cousteau like *Jaws* or *Titanic*?

## Go stargazing

Not many people live far enough north to view the beauty of the northern lights. Even if you do, artificial light and inclement weather can make stargazing difficult. But the AuroraMAX Observatory in Yellowknife, Canada, conveniently broadcasts live video via Webcam every night, allowing view-



Photo courtesy

Indoor activities can be just as fun and educational as outdoor play.

ers all over the world to experience the beauty of aurora borealis firsthand.

## Plan a ‘staycation’

Is the economy putting a crimp in your normal travel plans this year? Check out the Wonder of the Day titled “What Would You Do on a Staycation?” to get ideas on how to get your kids excited about not going

away for vacation. A basement camping trip can be just as fun as an authentic camping trip, while still enjoying the luxuries of home.

For more fun indoor activities to explore with your kids, visit [www.Wonderopolis.org](http://www.Wonderopolis.org).

Remember, you can make learning fun for your kids and explore the world without ever leaving your family room.

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# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## JANUARY

### 'A Pioneering Collection'

Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.com

### 'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection shows

cases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.com

### Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

### Big Band Dance

Jan. 18, 20, 25, 27: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

### Food Addicts Anonymous

Jan. 20, 27: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

Jan. 20, 27: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Dana Horn (503) 319-4247

### Rotary Club of East Sacramento

Jan. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

### Rotary Club of Pocket/Greenhaven

Jan. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

### Sutterville Heights Optimist Club

Jan. 20, 27: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

### Toastmasters

Jan. 20, 27: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Kiwanis Club of East Sacramento-Midtown

Jan. 21, 28: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

### Rotary Club of Point West

Jan. 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

### Soroptimists of Sacramento

Jan. 21, 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

## - EVENT LISTING SECTION -

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.  
Call (916) 429-9901 for rates.

### Sacramento Children's Chorus

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### Safari Tours

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Learn about one-day & overnight trips  
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City of Sacramento Parks & Recreation

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Event 1st and 3rd Saturday

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### COMPUTERS

#### GOT COMPUTER PROBLEMS?

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### HANDYMAN

#### NEW YEAR CLEANUP

Gutter cleaning-- Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. Specials for seniors. Licensed.

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### HARDWOOD FLOORING & HANDYMAN

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### MARRIOTT PARK NEIGHBORS

HELLO MARRIOTT PARK NEIGHBORS  
Looking for a walking buddy? I'm looking to start a walking group on weekdays around Marriott Park. No power walking, just normal pace. Interested? Please email jeannie.becker@comcast.net

### HOUSE FOR LEASE

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A monthly publication full of activities, mazes, word search, party ideas, travel, book reports, and a lot more!

Call Melissa at 429-9901 and place your ad today!



**Catholic high school placement exam**

**Jan. 22:** Placement exam for Sacramento to area high schools for the Class of 2015. Students should arrive at the Catholic high school they intend to apply to at 7:45 a.m. with two #2 pencils. Calculators are not allowed. Refreshments provided. Parents/guardians should expect the test to end at approx. 12:15 p.m. Visit the high school's website for registration form and placement test fee info. [www.cbhs-sacramento.org](http://www.cbhs-sacramento.org), [www.cristoreysacramento.org](http://www.cristoreysacramento.org), [www.jhssac.org](http://www.jhssac.org), [www.stfrancishs.org](http://www.stfrancishs.org)

**Food Addicts Anonymous**

**Jan. 22, 29:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

**Fruits & grasses clinic**

**Jan. 22:** Berries, grapes, fruit trees & ornamental grasses. Learn from UC Master Gardeners techniques for the selection and care of berries, pruning grapes and fruit trees and the maintenance of ornamental grasses. Free. 9 a.m.-12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

**NorCal CoDA mini conference**

**Jan. 22:** Realize a new joy, acceptance and serenity in your life. Northern California Co-Dependents Anonymous presents "Committing to CoDA Recovery in 2011." \$25 registration includes continental bfast and deli-style lunch. 8 a.m.-5 p.m. Fremont Presbyterian Church, 5770 Carlson Dr., Sac. [www.greatersaccoda.org](http://www.greatersaccoda.org)

**Sac Sheriff's Dept. on 'COPS'**

**Jan. 22, Jan. 29, Feb. 5:** Check local listings on FOX for the Sacramento Sheriff's Department, which will be featured on upcoming episodes of "COPS" at 8 p.m. or 8:30 p.m. Episodes can be downloaded from iTunes after airing or viewed on [www.Hulu.com](http://www.Hulu.com)

**Veterans' Benefits seminar**

**Jan. 22:** Learn what benefits are available to veterans from members of the local DAV. Free to vets and their families. 9 a.m. Radisson Hotel, 500 Leisure Lane, Sac. NSO James M. Galliher (619) 299-6916

**Banned Book Club**

**Jan. 23:** "Snow Falling on Cedars" by David Guterson will be discussed. All adults welcome to discuss why this book has been banned, why and the merits/demerits of the book. 10 a.m. Carmichael Public Library, 5605 Marconi Ave., Carmichael. (916) 264-2920 [www.saclibrary.org](http://www.saclibrary.org)

**Buddy Harpham's Band**

**Jan. 23:** Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. - 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

**Co-Dependents Anonymous**

**Jan. 23, 30:** 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

**Community Sunday breakfast**

**Jan. 23, 30:** Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. [www.elks6.com](http://www.elks6.com)

**Co-Dependents Anonymous**

**Jan. 24, 31:** 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

**Hatha yoga**

**Jan. 24, 31:** Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

**Rotary Club of South Sacramento**

**Jan. 24, 31:** Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. [www.rotary.org](http://www.rotary.org).

**Tai Chi & Chi Keung**

**Jan. 24, 31:** Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

**Toastmasters**

**Jan. 24, 31:** Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, [www.sacramentotoastmasters.com](http://www.sacramentotoastmasters.com)

**Rotary Club of Arden-Arcade**

**Jan. 25:** Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, [www.ardenarcaderotary.org](http://www.ardenarcaderotary.org)

**Rotary Club of Carmichael**

**Jan. 25:** Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. [www.rotary.org](http://www.rotary.org)

**Senior Wednesday Club**

**Jan. 26:** The Senior Wednesday Club meets to chat, play bridge, pinocle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

**Toastmasters**

**Jan. 26:** All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

**FEBRUARY**

**History book club**

**Feb. 1:** The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "The Worst Hard Time" by Timothy Egan. Bring a snack to share. First Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, [www.saclibrary.org](http://www.saclibrary.org)

**Junior League crab feed**

**Feb. 5:** Like crab? Everyone is invited to join the Junior League at their festive, 6th annual Crab Feed fundraiser. \$45/ticket in advance, \$50/ticket at door: 5 p.m.-10 p.m. St. Mary's Catholic Church, Giovanni Hall, 1333 58th St., Sac. [www.jlsac.org](http://www.jlsac.org)

**Calling all astronauts**

**Feb. 6:** Have a blast at the Discovery Museum! Visit the new *Space Quest!* exhibit - out-of-this-world fun for the entire family. Celebrate the Founding of NASA: kids can remember their

visit by making a take-home astronaut finger puppet. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2 p.m. are for all ages. The 10:30 a.m. Sunday Science Cinema presentation is *The Next Frontier*. 12:30 p.m.-4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12-4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

**Free Museum Day**

**Feb. 6:** 13th annual Sacramento Museum Day. 26 museums in the greater Sacramento area will offer free admission all day. Sacramento Museum event hours are 10 a.m. to 4 p.m. but note all participating museums close at 5 p.m. (with the last guests admitted at 4 p.m.). Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at [sacmuseums.org](http://sacmuseums.org) (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

**Girls Ages 4<sup>1/2</sup> to 16 Play!**

**Over 40 Years of Fun for Girls!**

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**1/29/2011 8:30 am**  
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Caroline Wenzel Elementary School  
OR  
On-line until January 28, 2011  
@ [www.PocketGirlsSoftball.org](http://www.PocketGirlsSoftball.org)

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**Sudoku answers**

Continued from page 5

1	6	4	9	2	5	3	8	7
9	7	3	1	6	8	2	5	4
2	5	8	4	7	3	1	6	9
4	8	5	3	9	7	6	1	2
7	3	1	6	5	2	9	4	8
6	9	2	8	4	1	7	3	5
5	1	9	7	3	4	8	2	6
8	2	6	5	1	9	4	7	3
3	4	7	2	8	6	5	9	1

**Sacramento Soccer Alliance**

**2011 Select Soccer Tryouts**

For more information & to register for SSA Tryouts, please visit:  
[www.SacramentoSoccerAlliance.com](http://www.SacramentoSoccerAlliance.com)

**U9 - U11**  
John Cabrillo Elementary  
1141 Seamas Ave (I-5 & Fruitridge/Seamas Exit)  
• Saturday, January 22nd  
• Saturday, January 29th  
• U9s 9:00 - 10:30 am  
• U10s 10:30 - 12:00 pm  
• U11s 1:00 - 2:30 pm

**U12 - U14**  
John Cabrillo Elementary  
1141 Seamas Ave (I-5 & Fruitridge/Seamas Exit)  
• Saturday, February 19th  
• Saturday, February 26th  
• U12s 9:00 - 10:30 am  
• U13s 10:30 - 12:00 pm  
• U14s 1:00 - 2:30 pm

**U15 - U19**  
Bill Conlin Park  
Pocket Rd & Freeport Blvd (I-5 & Pocket rd/Meadowview Exit)  
• Saturday, April 16th  
• Saturday, April 23rd  
• U15s 9:00 - 10:30 am  
• U16s 10:30 - 12:00 pm  
• U17-U19 1:00 - 2:30 pm



# 2011 MLK:365 – 'Yesterday's Dream, Tomorrow's Reality'

Photos by STEPHEN CROWLEY  
Pocket News photographer

Community members gathered and marched together through William Land Park to celebrate Martin Luther King Jr.'s vision of racial equality on Jan. 17 – the national holiday honoring the slain equal rights leader.

The six mile "marade" (march and parade) started at the Oak Park Community Center, wended its way through William Land Park, and eventually arrived at the Sacramento Convention Center. Another march proceeded from the north, departing from Grant High School.

The purpose of the event was to "engage, challenge and inspire the young and the young at heart to 'be the change they want to see in the world.'"

Some 10,000 people of all ages, faiths and ethnic heritages turned out for the peaceful event.





**PINKY STAR**  
Making Every Event Memorable

**COME JOIN THE FUN!**

VIENTOS  
KIDS EAT FREE NIGHT  
MONDAY - 5PM

CHEVY'S, HOWE & HURLEY  
TUESDAY & SUNDAY NIGHTS  
5-8PM

TEL: (530) 613-6360

- Balloon Animals
- Face Painting
- Magic Shows

★ ★ ★ ★ ★

- Birthday Parties
- Grand Openings
- Company Picnics
- Fairs & Festivals
- School Shows & Carnivals



## Community Worship

### Greenhaven Lutheran Church

475 Florin Road (at Gloria Dr.) • 428-8449  
Sunday Worship Service: 10:15 am  
Bible Class & Sunday School: 9:00 am  
Angels Nest Pre School 2 yrs. - 5 yrs.

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### Faith Presbyterian Church

625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • 428-3439  
*A community loving Christ, building disciples, serving all*  
Worship Sunday 9 and 11 am  
• Sunday School, Bible Study, Childcare • Youth Activities  
• Family Programs • Adult Education

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### PARKSIDE COMMUNITY CHURCH

*"Open & Affirming Congregation"*  
Sunday Worship Service: 10:30 am  
Bible Class: 9:00am  
5700 South Land Park Drive & 35th Avenue 421-0492

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### Riverside Wesleyan Church

6449 Riverside Blvd. • 391-9845  
Sunday School: 9:15am • Sunday Worship: 10:30am • Wed. Evenings 6:30pm (Youth)  
AWANA (Children's Ministry) • Youth - Jr. High - Sr. High

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### Greenhaven Neighborhood Church

630 Ark Way • 422-8253  
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am  
Weekly Bible Studies - Jr/Sr High Events



*"Sunshine in New Orleans" by Dean Mitchell*



*"Morning Fog" by John Salminer*



*"Far and Away" by Susan Montague*

## A Magic Evening of Music & Art

January 29th, 8pm • January 30th, 4pm

American Watercolor Society International Traveling Exhibition  
40 of the finest watercolor paintings, exclusive to SFAC

- plus -



**Donna Helmich-Agnello**  
*Dynamic soprano.*  
Performing a variety of works about love, betrayal, pirates, & a wonderful work from Bach's Magnificat



**Michelle Xioa You**  
*Renowned violinist.*  
Playing a dramatic selection of works, including Song of India & Zapateada by Sarasate.

**Fund Raiser Tickets: \$50** (part of which is tax deductible)

**Call Now to reserve your seat!**

---

**Sacramento Fine Arts Center**  
5530B Gibbons Drive, Carmichael  
(916) 971-3713 • [www.sacfinearts.org](http://www.sacfinearts.org)





MLK:365  
Some 10,000 people  
of all ages, faiths  
and ethnicities  
participated



See More Photos & Open House Schedule for my "Featured Homes" at:  
**GreenhavenPocketHomes.com**

1329 Sharon Way – \$229,900 >  
"Country-in-the-City" setting!  
3bd 2ba w/family rm. Exposed  
wood flooring in entry, living rm,  
hall & bdrms. Upd roof & dual  
pane windows. Generous yards.  
RV/Boat access & pad. More!



Greenhaven Area! \$299,900  
Open Sat, Jan 22nd, 1-4pm!

< 6940 Westmoreland – \$299,900  
Immac 1-owner home! 3bd 2ba,  
fam rm, 2 frplcs! Updated interior  
colors for a fresh look! Many big-  
ticket updates include roof, dual-  
pane windows, A/C & gas heat,  
gas range & more! Apx 1,907 sf\*

6500 Greenhaven Dr – Pending! >  
Outstanding 3bd 2ba, 1-story  
Custom. Upd kitchen & baths  
w/granite. Fam rm, formal dining  
Upd roof, windows, doors, more!  
Spa & covered patio. Potential  
boat access. Apx 2,101 sf\*



\* Per public records or other sources deemed reliable, but has not been verified by agent or broker, interested parties to verify.

*"I truly thank you for exceeding every expectation I could have of a superlative Realtor®, and then some. The results speak for themselves, but the process leading to the results was truly where you shined..."* Ron Tugender, Seller – Pocket Area



Over 30 Years Experience - References  
Greenhaven/Pocket Area Specialist  
Masters Club, Outstanding Life Member

**BILL BONNER**  
**320-1888**



**Prudential**  
Dunnigan Real Estate

DRE# 00692245



GreenhavenPocketHomes.com

**Crab Feed & Silent Auction**

Come join us for an evening of great food, finds, and fun!  
**ALL YOU CAN EAT:**

Fresh crab • Pasta • Salad

**Saturday, January 29, Doors open at 5 pm**

**\$35.00 per ticket • Ages 7-12: \$20 • 6 & under FREE**

**Limited Seating! Purchase by Jan. 23rd**

Tickets available at: **Greenhaven Lutheran Church**  
475 Florin Road (at Gloria Drive) in Sacramento

**916-428-8449**



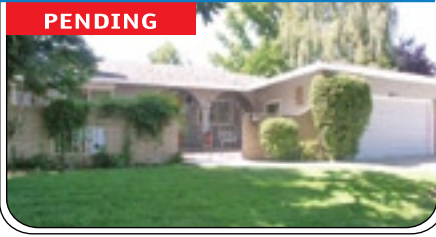
## THE CLEAR CHOICE WHEN RESULTS MATTER

6534 BENHAM WAY \$369,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1639SF.  
NICK LAPLACA 764-7500

6500 GREENHAVEN DRIVE \$319,900



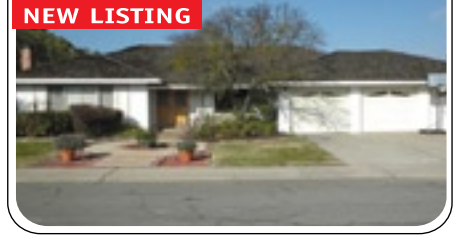
SINGLE FAMILY, 3 BEDROOMS, 2 BATHS, APPROX. 2,101 S.F.  
BILL BONNER 320-1888

6940 WESTMORELAND WAY \$299,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1907 SF  
BILL BONNER 320-1888

7 NORTHLITE CIRCLE \$299,000



SINGLE FAMILY, 4 BEDROOM, 2 BATH 2186SF.  
MELODY TACLAQUIN 612-0825

103 HIDDEN LAKE CIRCLE \$279,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, APX 2003SF.  
KARLA OPLIGER 399-0478



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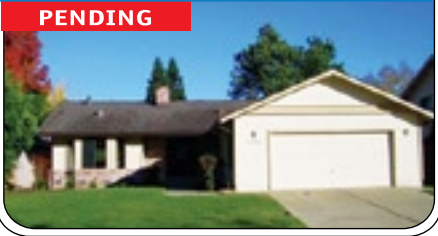
Prudential Real Estate Services, Inc. received the highest numerical score among full service real estate firms for home sellers in the proprietary J.D. Power and Associates 2010 Home Buyer "Seller Study". Study based on 1,079 total evaluations measuring 1 firm and numerous options of individuals who sold a home between March 2009 and April 2010. Proprietary study results are based on experiences and perceptions of consumers surveyed March-May 2010. Your experience may vary. Visit [jdpower.com](http://jdpower.com)

6708 BREAKWATER WAY \$275,000



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2023SF.  
LYNN LUK LEE 628-2843

445 SAILWIND WAY \$269,500



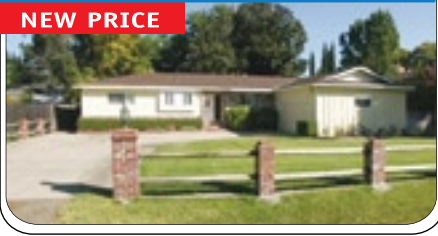
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1658SF.  
MARY J LEE 425-3749

230 PORTINAO CIRCLE \$248,000



HALFPLEX, 2 BEDROOM, 2 BATH, 1538SF.  
NICK LAPLACA 764-7500

1329 SHARON WAY \$229,000



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1406SF.  
BILL BONNER 320-1888

7311 RIVERWIND WAY \$222,500



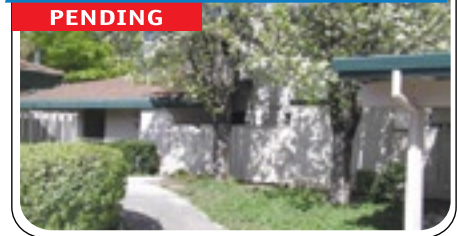
2-3 BEDROOMS, 2.5 BATHS, 1,779 S.F.  
JOLEEN DUNNIGAN 717-3559

44 CACHE RIVER CIRCLE \$219,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1180SF.  
NICK LAPLACA 764-7500

405 ROUNDTREE COURT \$85,000



SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1074SF.  
KARLA OPLIGER 399-0478

**ANTELOPE**  
8222 FOUNTAINARBOR WAY-\$173,900  
**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1883SF.  
BRANDON GREENBERG 224-0903

**CITRUS HEIGHTS**  
7244 PARKVALE WAY-\$127,000  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1416SF.  
BRANDON GREENBERG 224-0903

**CLARKSBURG**  
RYDER ROAD-\$400,000  
22.140 ACRES  
TERRY MULLIGAN 775-1908

**COURTLAND**  
11167 RIVER ROAD-\$500,000  
5 ACRES  
TERRY MULLIGAN 775-1908

**ELK GROVE**  
5121 GOLDEN GLORY WAY - \$300,000  
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, APPROX. 3146 SF  
MARY J LEE 425-3749

9367 FOULKS RANCH DRIVE-\$200,000  
**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 2031SF.  
BRANDON GREENBERG 224-0903

3608 PACIFICA LANE-\$319,900  
**SOLD**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, APPROX. 2561 SF  
LYNN LUK LEE 628-2843

9045 DEVON CREST WAY-\$215,000  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, APPROX. 2045 SF  
DAVID OHARA 600-9495

9258 ELBERON WAY - \$334,900  
**PENDING**  
4 BEDROOMS, 2.5 BATHS, 4 CAR GARAGE, 2381 SF.  
MARY J LEE 425-3749

10310 GILLIAM WAY - \$239,950  
**PENDING**  
3 BEDROOMS, 2.5 BATHS, 2659 SF WITH A 3 CAR GARAGE.  
JOLEEN DUNNIGAN 717-3559

8978 BRADSHAW ROAD-\$299,950  
ACREAGE, APPROX. 5 ACRES  
BOB WILSON 686-6868

6934 RAWLEY WAY - \$285,000  
**SOLD**  
5+ BEDROOMS(2 DOWNSTAIRS), 3 BATHS, 3 CAR GARAGE, 3045 SF.  
MARY J LEE 425-3749

**FAIR OAKS**  
4751 LLANO LANE-\$169,950  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1208SF  
BOB WILSON 686-6868

4645 HAZEL AVENUE-\$319,900  
SINGLE FAMILY, 3 BEDROOM, 2 BATHS, APPROX. 1723 SF  
ANGIE MATSUMOTO 949-6557

**RIO LINDA**  
6944 5TH AVENUE-\$59,000  
**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 1 BATH, APPROX. 852SF.  
BRANDON GREENBERG 224-0903

**SACRAMENTO**  
5801 JACINTO AVENUE-\$194,500  
**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1417 SF  
TERRY MULLIGAN 775-1908

2801 ALBATROSS WAY-\$119,900  
SINGLE FAMILY, 3 BEDROOM, 1 BATH, APPROX. 1050 SF  
DAVID OHARA 600-9495

449 TENAYA AVENUE-\$100,000  
**NEW LISTING**  
SINGLE FAMILY, 2 BEDROOM, 1 BATH, APPROX. 1016SF.  
BRANDON GREENBERG 224-0903

1217 RIDGEWAY DRIVE-\$458,000  
**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 2149SF.  
JOHN WONG 531-7150

2940-2932 FREEPORT BLVD.-\$990,000  
2 UNITS  
TERRY MULLIGAN 775-1908

2812 NORMINGTON DRIVE-\$100,000  
**NEW LISTING**  
SINGLE FAMILY, 4 BEDROOM, 2 BATH, APPROX. 1390SF.  
BRANDON GREENBERG 224-0903

5613 CAZADERO WAY-\$99,000  
**NEW LISTING**  
SINGLE FAMILY, 2 BEDROOM, 1 BATH, APPROX. 839SF.  
BRANDON GREENBERG 224-0903

2030 48TH AVENUE-\$80,000  
**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX. 1508SF.  
BRANDON GREENBERG 224-0903

1209 NORTH AVENUE-\$75,000  
**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX.11206SF.  
TERRY MULLIGAN 768-3796

2825-2823 ELVYRA WAY-\$200,000  
DUPLIX, 2 BEDROOM UNITS  
JOLEEN DUNNIGAN 717-3559

7655 DYER COURT-\$219,000  
**PENDING**  
SINGLE FAMILY, 5 BEDROOM, 4 BATH, APPROX. 2752 SF  
JOLEEN DUNNIGAN 717-3559

**WALNUT GROVE**  
14744 WALNUT GROVE-THORNTON ROAD-\$999,999  
VINEYARDS HOME, 2 BED, 3 BATHS, 2400 SF.  
TERRY MULLIGAN 775-1908